

# WATER WITH FLUORIDE BUILDS A FOUNDATION FOR HEALTHY TEETH



Brush with  
fluoride toothpaste.

Visit the dentist  
regularly.

Drink water  
with fluoride.

In fact, drinking water with fluoride can reduce cavities by about 25 percent, saving you and your family time and money in dental visits and costs. Adding fluoride to drinking water has been shown to be safe for 70 years.

Be sure you and your family drink water with fluoride to build a strong foundation for your teeth.

Visit [www.CDC.gov/Fluoridation](http://www.CDC.gov/Fluoridation)

